

**Abstinence Education Contractors  
FY 2005**

**Name of Project:** CIS Abstinence Education Program

<b>Contact person/title</b>	Veronica Trevino/Executive Director
<b>Address</b>	P.O. Box 331203 Corpus Christi, TX 78463
<b>Phone/fax</b>	Phone              Fax (361)878-2304    (361)878-1410
<b>Email</b>	<a href="mailto:cisvrt@davlin.net">cisvrt@davlin.net</a>
<b>Population/service area</b>	Nueces County

**Project Summary:**

The purpose of the CIS Abstinence Education Program will be to provide abstinence education activities that promote abstinence from sexual activity with a focus on those groups of individuals who are most likely to bear children out of wedlock. CIS has an existing well-established relationship with the Corpus Christi Independent School District and other community agencies, which will expedite outreach and access to the youth to be served. The priority population will be 9<sup>th</sup> graders from the targeted schools (Miller, Moody, Carroll, King, and Ray). Each of the five high schools will have a CIS office housing a case manager. Abstinence education will be provided to the priority population by use of the following three components that include Case management, Curriculum and Parental Involvement.

Component 1: Case management will be provided to a minimum of 10% of the students to be served by the program that are identified as those most at risk for teen pregnancy and STD's. The CIS model of case management is based on a six-component model (supportive guidance, educational enhancement, enrichment activities, health & human services, parental involvement, pre-employment). Students referred for case management will be those who have been deemed as immediate at-risk candidates for teen pregnancy, contracting STDs, HIV/AIDS and have displayed overt inappropriate sexual behavior. Students are then assessed and a comprehensive, individualized plan of action is developed for that student. A parent consent form will be sent home to inform the parent/guardian of the youth's participation in the case management process. These students will receive one-on-one supportive guidance to make healthy decisions concerning their sexual behavior and to promote long-term goals. Small groups will be conducted by case managers to give youth an opportunity to express their feelings and the obstacles faced while trying to obtain or maintain abstinence. All students will have access to information and to supportive guidance as a means of support to maintain a healthy, abstinent life style. Case managed students will be referred for case management through an established and existing referral process. Referral sources will include parents, school administrators, counselors, teachers and peers. Other referral sources will include community agencies, such as Nueces County Juvenile Justice Center, Planned Parenthood, CCISD's Pregnancy, Education and Parenting Program. The Nueces County Justice of the Peace Courts will make court ordered referrals for participation in case management by youth they determine as top priority to participate in abstinence education.

Component 2: Curriculum will be utilized to provide abstinence education for the priority population, 9<sup>th</sup> graders at the designated school sites. The highly effective and proven curriculum, *Choosing the Best* will be used at this grade level. Classes will be held on a weekly basis during the participant's regularly scheduled Health classes. Speakers from area health agencies will be utilized to give additional information concerning STD's, HIV/AIDS, and teen pregnancy. These events will reinforce the abstinence message. All students will have access to information and supportive guidance concerning their choice to maintain a healthy life style of abstinence. Students participating in the curriculum will have a parent/guardian permission slip, informing the parent/guardian of the youth's participation in abstinence education.

Component 3: Parental Involvement will be emphasized to maximize the success rate of the abstinence program. The case manager at each of the five sites will conduct Parent Training's every month. This will give parents an opportunity to familiarize themselves with the latest information concerning the promotion of abstinence and sexual health. Guest speakers may also be utilized to give parents important facts about the risks of pre-marital sex. Parents will be informed of activities and encouraged to participate through home visits by the case manager and flyers advertising upcoming events. Each year, every campus will hold Family Resource Nights. Community agencies will be invited to set up tables and distribute information on health services they can provide the family, such as medical treatments, counseling, etc. Del Mar College and A&M University-Corpus Christi will have information on higher education choices and financial assistance, to help youth and parents make long term, obtainable goals. Professional associations will be asked to talk to the youth about the realistic steps that need to be taken to reach specific career goals.